

CACFP is an indicator of quality child care.

Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

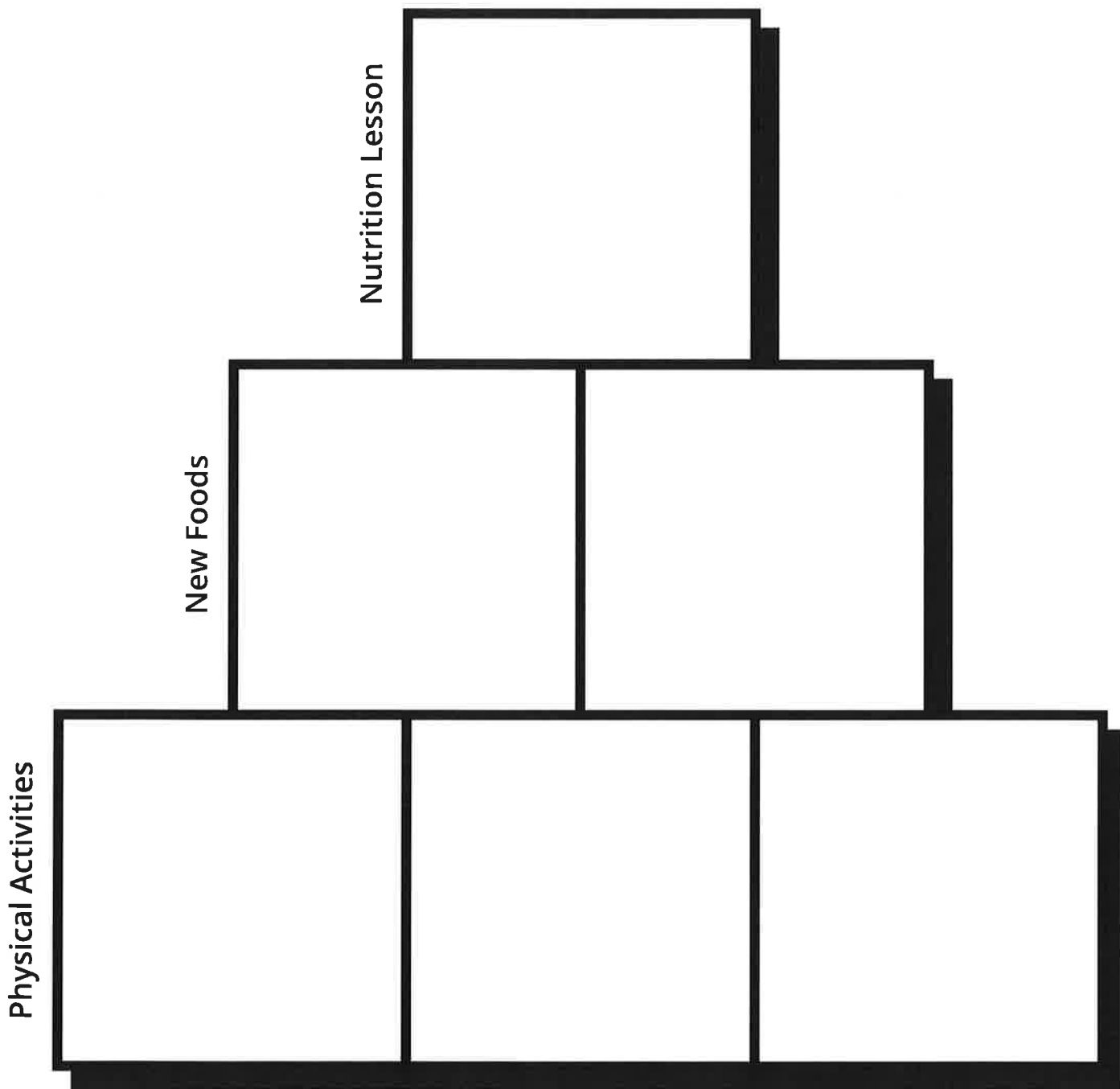
January Holiday _____

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Healthy Habits Holiday Pyramid

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February Holiday _____



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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

March Holiday _____

The pyramid structure is as follows:

- Top Level:** A single square labeled "Nutrition Lesson".
- Middle Level:** Two squares labeled "New Foods".
- Bottom Level:** Three squares labeled "Physical Activities".

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

April Holiday _____

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

May Holiday _____

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

June Holiday _____

	Nutrition Lesson	
New Foods		
Physical Activities		

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

July Holiday _____

The pyramid structure is as follows:

- Level 1 (Top):** A single square labeled "Nutrition Lesson".
- Level 2 (Middle):** Two squares labeled "New Foods".
- Level 3 (Bottom):** Three squares labeled "Physical Activities".

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

August Holiday _____

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

September Holiday _____

The diagram is a pyramid structure with three levels. The top level is a single rectangular box. The middle level consists of two rectangular boxes side-by-side. The bottom level consists of three rectangular boxes side-by-side. The pyramid is oriented with the top level at the top and the bottom level at the bottom. The labels are placed vertically next to their respective levels: 'Nutrition Lesson' is to the left of the top box, 'New Foods' is to the left of the middle boxes, and 'Physical Activities' is to the left of the bottom boxes.

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

October Holiday _____

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

November Holiday _____

The pyramid structure is as follows:

- Level 1 (Top):** A single square labeled "Nutrition Lesson".
- Level 2 (Middle):** Two squares labeled "New Foods".
- Level 3 (Bottom):** Three squares labeled "Physical Activities".

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

December Holiday _____

The pyramid structure is as follows:

- Level 1 (Top):** A single square labeled "Nutrition Lesson".
- Level 2 (Middle):** Two squares labeled "New Foods".
- Level 3 (Bottom):** Three squares labeled "Physical Activities".

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Healthy Habits Activity Challenge

Complete each activity each month. Log the date completed, and rate the activity. Five stars means GREAT!
Don't forget to post pictures @NationalCACFP and share with fellow providers how you accomplished these activities, what you learned, and what you added to enhance the suggestions.

Once completed, send to National CACFP Sponsors Association at PO Box 1748, Round Rock, TX 78680, in order for us to recognize your accomplishment and improve future calendars.

MONTH	ACTIVITY/RECIPE	DATE COMPLETED	PROVIDERS INITIALS	STAR RATING
JANUARY	Floor Racing			☆☆☆☆☆
	Speedy Salsa Chicken			☆☆☆☆☆
	Upcycled Race Car			☆☆☆☆☆
FEBRUARY	Pixie Boot Camp			☆☆☆☆☆
	Enchanted Brussels			☆☆☆☆☆
	Magic Fairy Dust Jar			☆☆☆☆☆
MARCH	Jump the Moat			☆☆☆☆☆
	Strawberry Swords			☆☆☆☆☆
	Shield of Arms			☆☆☆☆☆
APRIL	Cold Asteroid			☆☆☆☆☆
	Space Fruit Pops			☆☆☆☆☆
	I'm an Astronaut			☆☆☆☆☆
MAY	Dino Dance			☆☆☆☆☆
	Chomper Chili			☆☆☆☆☆
	Tyrannosaurus Tracing			☆☆☆☆☆
JUNE	Hot Spot Hop			☆☆☆☆☆
	Power Punch Smoothie			☆☆☆☆☆
	Superhero Cuffs			☆☆☆☆☆
JULY	Hula Hoop Lassos			☆☆☆☆☆
	Cowboy Clusters			☆☆☆☆☆
	Buckaroo Boots			☆☆☆☆☆
AUGUST	Shark Attack!			☆☆☆☆☆
	Deep Sea Printing			☆☆☆☆☆
	Coral Cauliflower			☆☆☆☆☆
SEPTEMBER	Find the Colors			☆☆☆☆☆
	Rainbow Pizza			☆☆☆☆☆
	Cotton Ball Painting			☆☆☆☆☆
OCTOBER	Yo Ho Ho Moves			☆☆☆☆☆
	Buccaneer Bites			☆☆☆☆☆
	Paper Plate Pirate			☆☆☆☆☆
NOVEMBER	X Marks the Spot			☆☆☆☆☆
	Treasure Peppers			☆☆☆☆☆
	Find the Gold			☆☆☆☆☆
DECEMBER	King of the Jungle			☆☆☆☆☆
	Safari Pasta			☆☆☆☆☆
	It's a Jungle			☆☆☆☆☆



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This institution is an equal opportunity provider.